

Sweet Potato and Parsnip Gratin

with Cavolo Nero

BALANCED 20 Minutes • Under 600 Calories • 3 of your 5 a day • Veggie







Red Onion







Thyme









Vegetable Stock Powder

Hard Italian Style Grated Cheese

Sweet Potato



Parsnip



Chopped Cavolo Nero



Crème Fraîche



Wholegrain Mustard



Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Large Saucepan, Fine Grater (or Garlic Press), Large Frying Pan, Measuring Jug, Colander, Ovenproof Dish, and Large Bowl.

Ingredients

	2P	3P	4P
Red Onion**	2	3	4
Garlic Clove**	1	2	2
Thyme**	½ bunch	¾ bunch	1 bunch
Panko Breadcrumbs 13)	10g	15g	20g
Hard Italian Style Grated Cheese** 7) 8)	1 pack	1½ packs	2 packs
Water for the Sauce*	150ml	225ml	300ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Sweet Potato**	1	1	1
Parsnip**	2	3	4
Chopped Cavolo Nero**	1 small bag	1 medium bag	1 large bag
Crème Fraîche** 7)	150g	200g	300g
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Rocket**	1 bag	1 bag	1 bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	627g	100g
Energy (kJ/kcal)	2485 /594	397 /95
Fat (g)	32	5
Sat. Fat (g)	15	2
Carbohydrate (g)	73	12
Sugars (g)	30	5
Protein (g)	19	3
Salt (g)	1.65	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

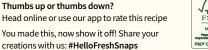
Allergens

7) Milk 8) Egg 9) Mustard 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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1. Get Prepared

Preheat the oven to 200°C. Pop a large saucepan of water on to boil for the root vegetables. Halve, peel and thinly slice the **red onions**. Peel and grate the **garlic** (or use a garlic press). Pick the **thyme leaves** from their stalks and finely chop (discard the stalks). Pop the panko breadcrumbs and hard Italian style cheese in a small bowl. Add a drizzle of olive oil and season with salt and pepper. Mix well to combine.



2. Start the Filling

Heat a drizzle of oil in a large frying pan on medium-high heat. When hot, add the red onion and cook until soft and jammy, 8-10 mins, stirring regularly. TIP: Lower the heat if they are browning too quickly. Once softened, stir in the garlic and **thyme**. Pour in the water (see ingredients for amount) and the vegetable stock powder. Stir to dissolve and reduce the heat to low.



3. Cook the Veg

Peel and thinly slice the **sweet potato** into 1cm thick slices. Trim the **parsnip**, peel and thinly slice into 1cm thick slices as well. Once the water is boiling, pop the **veggies** and a good pinch of **salt** into the pan and boil until tender, 10-12 mins. TIP: The veg are cooked when you can easily slip a knife through them. Add the cavolo nero to the pan 3 mins before the end of the cooking time. Once cooked, drain all the veggies into a colander.



4. Finish the Filling

Stir the creme fraiche and half the mustard into the **onion mixture**, then remove from the heat. Carefully add the cooked **root veg** into the pan, add a pinch of salt and pepper and mix gently to combine. Add a splash of water if the mixture is a little dry. Transfer everything into an ovenproof dish and sprinkle with the cheesy panko **breadcrumbs**. Bake on the top shelf of your oven, until the topping is golden, 8-10 mins.



5. Salad

In the meantime, mix the remaining **mustard** and a drizzle of oil together in large bowl. Add the rocket and toss to lightly coat the leaves in the dressing.



6. Serve

Serve the gratin with a good helping of salad alongside.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar

Featured Ingredient: Rocket is a leafy green vegetable, which is low in calories and can also be considered a cruciferous vegetable. Compared to other leafy greens such as Kale, rocket is higher in calcium. Calcium contributes to normal muscle function. It is great to add to dishes in order to bulk it up, as the calories in this leafy green are very minimal 25 kcal/100g.